

Complete this 10 Question Checklist

- Do you wake up feeling tired and apathetic about the day ahead?
- Are your prescribed and over-the-counter medicines not producing the results you would like?
- Do you believe that ultimately the body will heal itself given proper nutrition and rest?
- Would you enjoy using fresh herbs in your cooking?
- Do you drink soda, use margarine or artificial sweeteners?
- Do you want a healthier diet?
- Is there a specific physical or emotional issue that you would like to deal with naturally?
- Would you like to learn about gardening and using fresh herbs in your own remedies?
- Would you like to take a look at your medical history and learn what herbs you can use to prevent disease and promote good health?
- Would you enjoy some time walking through a 4000 square foot garden?



If you answered yes to any of these questions, you might like to call or email Ellen and schedule a Personal Herbal Consultation.

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